



Social Connections Program

80 DENHAM STREET, ROCKHAMPTON CITY, QLD, 4700

ROCKHAMPTON

JUNE 2026



Scan the QR code to help
shape Suncare's social
connections program.

Important Information



BOOKING PROCESS:

Suncare is improving the way we manage registrations for our Social Connections programs.

Customers interested in attending our in centre based activities or social outings will now have from the 1st - 14th of each month prior to register interest in specific activities.

Expressions of interest will be received either by calling Suncare on 1800 786 227 or submitting an email to contact@suncare.org.au.

We kindly ask you do not contact your Lifestyle Coordinator as this will help ensure your interest is not missed.

ACTIVITY PRICING:

Suncare activities that attract additional pricing, including costs associated with tickets, meals or purchases are at your own cost. Where possible, prices will be listed.

TRANSPORT:

Transport is available to and from activities and outings, depending on your catchment area. Transport is charged separately. Times may vary, but the duration of activities remains the same.

CANCELLATION POLICY

Suncare policy requires all cancellations for scheduled in centre activities and social outings to be communicated with Suncare at least 24 hours or 1 x full business day, prior. Failure to notify Suncare will result in you being billed for the cancelled service.

This process allows us to ensure we have the correct resources for each activity and provides opportunity for someone else to attend in your place, that may have been on a waitlist.

CONFIRMATION CALLS:

Suncare will only contact those customers scheduled to attend an outing to confirm estimated transport pick up time. This call will be made the day before the outing.

WAITLISTS:

Suncare will make every effort to avoid waitlists for people wanting to participate in our in centre activities or social outings by applying additional resources where possible.

However, on occasion, this may be unavoidable. If a new spot becomes available, Suncare will use a lottery system to ensure it is fair and reasonable for everyone.



In Centre Day Respite - Coming Soon!



Caring for a loved one is meaningful and rewarding, but at times, it can also be tiring and demanding. Taking regular time to rest, recharge, and look after your own wellbeing is essential for both carers and those they support.

Suncare's Day Respite program is designed to ease carer strain while providing a positive experience for customers.

Suncare's Day Respite program provides a safe, friendly, and engaging place to spend the day, offering the perfect balance of social connection, enjoyable activities, and supportive care. Our programs are designed for people who would like a day out in a relaxed environment while being supported by our caring and experienced staff.

Each Day Respite session offers a variety of activities that encourage connection and wellbeing. Depending on the day, this may include group games, creative activities, gentle movement, music, outings, or simply time to chat and relax with others.

Customers are encouraged to take part at their own pace, with plenty of choice and flexibility throughout the day.

Morning tea and lunch are provided, making it a comfortable and enjoyable experience from start to finish.

Day Respite offers valuable peace of mind for carers, knowing their loved ones are spending the day in a supportive setting, building friendships, and enjoying meaningful activities. Whether you attend regularly or just occasionally, you'll be welcomed into a warm community where everyone is respected, supported, and encouraged to enjoy their day.

To find out more or register your interest, please contact your Suncare Lifestyle Coordinator who will be happy to assist.



JUNE 2026 Outing Program

80 DENHAM STREET, ROCKHAMPTON CITY, QLD, 4700



MONDAY

1
Kershaw Gardens Walk & Talk Group
Start - 9:00am
Duration - 3:00hrs

8
Lunch at the Hummingbird cafe
Start - 10:00
Duration - 3 hrs

15
Yepoon \$10 Movie Day
Start - 10:00am
Duration - 4hrs

22
Intergenerational activity
Location - Suncare Hub
Start - 10:0am
Duration - 3hrs

29
Kershaw Gardens Walk & Talk Group
Start - 9:00am
Duration - 3:00hrs

TUESDAY

2
Indoor Bowling
COST- \$15.00
Start - 10:00
Duration - 3 hrs

9 **Walking group and Cafe chats**
Start - 9:00am
Duration - 3:00hrs
Mahjong Club
Location -Golf club
Start - 12:30
Duration - 3 hrs

16
Gladstone Lunch at Yarella Sports Club
Start - 10:30
Duration - 3 hrs

23
Millennium Comics
Start - 10:00
Duration - 3 hrs

30
Movie Matinee and Lunch
Start - 10:00
Duration - 4 hrs

WEDNESDAY

3
Tai Chi and Chair Yoga
Location - Suncare Hub
Start - 10:00am
Duration -3 hrs

10
Intergenerational activity
Location - Suncare Hub
Start - 11:00am
Duration - 3hrs

17
Kershaw Gardens Walk & Talk Group
Start - 9:00am
Duration - 3:00hrs

24
Intergenerational activity
Location - Suncare Hub
Start - 11:0am
Duration - 3hrs

THURSDAY

4
Lunch at The Station
Location -Rockhampton
Start - 10:00
Duration - 4 hrs

11
Show Day Holiday

18
Emu Park Breaking Bread and Bargains
Start - 10:00
Duration - 4 hrs

25
Beaches and brunch
Start - 10:00
Duration - 4 hrs

FRIDAY

5
Intergenerational activity
Location - Suncare Hub
Start - 10:0am
Duration - 3hrs

12
Games and Trivia
Location -Suncare Hub
Start - 10:00
Duration - 3 hrs

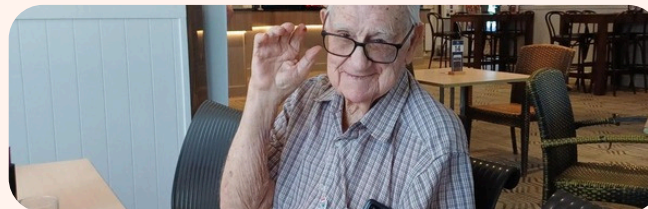
19
Byfield National Park & Pottery Experience
Start - 9:00
Duration - 5 hrs

26
Crochet Creations
Location - Suncare Hub
Start - 10:00am
Duration - 3hrs



IMPORTANT UPDATE

Kershaw walking group and chats:
Morse Creek Road, will be held on the 9th & 17th of the month.



Wishing Kevin Vickery a very Happy 99th BIRTHDAY

JUNE 2026 Outing Program

80 DENHAM STREET, ROCKHAMPTON CITY, QLD, 4700



MONDAY 1ST JUNE

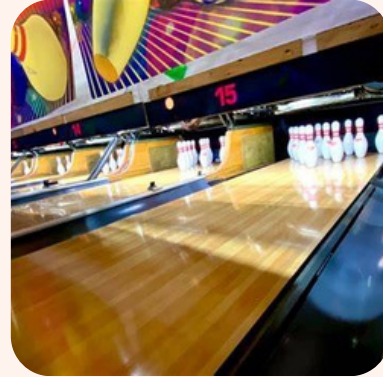
KERSHAW GARDENS

Location- Kershaw Gardens

Start- 9:00am

Duration- 3 hrs

About- Join us for a refreshing walk at Kershaw Gardens, where we combine gentle exercise with meaningful social connections. Enjoy the fresh air, stay active, and share friendly conversation in a welcoming and supportive environment.



TUESDAY 2ND JUNE

INDOOR BOWLING AND GAMES

Location-100 Musgrave St

Start -10:00

Duration - 3hrs

ABOUT - Lets play bowls, but a little differently, lowest points wins a prize! Or try your hand air hockey or one of the other fun activities .

Cost: \$12pp per game



WEDNESDAY 3RD JUNE

TAI CHI AND CHAIR YOGA

Location - Suncare Hub

Start - 10:00

Duration - 3 hrs

ABOUT - Join us in centre for a gentle Tai Chi session led by an experienced online instructor. Enjoy slow, flowing movements that support balance, flexibility, strength, and relaxation. Suitable for all abilities, with options for seated or standing participation.



THURSDAY 4TH JUNE

ALL ABOARD

Location-23 James Street Yeppoon

Start -10:00

Duration - 4 hrs

ABOUT - Join us at Station Taphouse in Yeppoon. Beautifully renovated space, boasting a relaxed gastro pub atmosphere, offering fresh and distinctive options.

Meal: At own cost



FRIDAY 5TH JUNE

ART OF THE ROCKS

Location-Suncare Hub

Start -10:00

Duration - 3 hrs

ABOUT - Join us in center for the first of our intergenerational where we create a world of wonder, making meaningful pieces of art on rocks to hide at our outing next week.

Note: All participants attending must participate in mandatory child safety training first.



TO MAKE A BOOKING: CALL 1800 786 227 CALL 1800 786 227 or visit our website www.suncare.org.au to receive our program straight to your inbox.

JUNE 2026 Outing Program

80 DENHAM STREET, ROCKHAMPTON CITY, QLD, 4700



MONDAY 8TH JUNE

CAFE COMPANIONS

Location-220 Quay street
Start -10:00
Duration - 3hrs

ABOUT - Join us at the hummingbird cafe where we can relax and enjoy each others company while eating top rated food .



TUESDAY 9TH JUNE

MAHJONG

Location- Golf Club Anne St
Start -12:30
Duration - 3hrs
Cost: \$7.00

ABOUT - Join us at Mahjong . Get you pung, kong and chow on. We can grab a table and play with the best of them .

Light refreshments provided
tea, coffee , water , biscuits.



WEDNESDAY 10TH JUNE

PALS YOUNG AND OLD

Location- 321 Berserker St
Start -11:00
Duration - 3 hrs

ABOUT - Join us at Illoura child care for our second intergenerational outing. We aim to create an exciting and engaging treasure hunt with the treasures we created last week . Illoura have invited us to dine with them in center after the hunt.



FRIDAY 12TH JUNE

GAMES AND TRIVIA

Location - In Centre
Start - 10:00am
Duration - 3hours

ABOUT - Feeling competitive? Join us in centre for a fun morning of different games, including board games for all abilities. A perfect way to connect, have fun, and enjoy some friendly competition.



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JUNE 2026 Outing Program

80 DENHAM STREET, ROCKHAMPTON CITY, QLD, 4700



MONDAY 15TH JUNE

MOVIE MADNESS

Location - Yeppoon Cinema
Start- 10:00
Duration - 4hrs
Cost- \$10 + food & drink

ABOUT- Join us at Yeppoon Cinema Senior movie sessions, followed by lunch in the complex.

Movie TBA on the day.



TUESDAY 16TH JUNE

YARELLA SPORTS CLUB AND SCENIC DRIVE

Location - Barney point
Start - 10:30
Duration - 3 hours

About-Yarella boast beautiful food and a relaxed comfortable environment where we can all come together an create new memories together, laugh and chat . Then for a drive to the lookout.



WEDNESDAY 17TH JUNE

KERSHAW GARDENS

Location- Kershaw Gardens
Start- 9:00am
Duration- 3 hrs

About- Join us for a refreshing walk at Kershaw Gardens, where we combine gentle exercise with meaningful social connections. Enjoy the fresh air, stay active, and share friendly conversation in a welcoming and supportive environment.



THURSDAY 18TH JUNE

BREAKING BREAD & BARGINS

Location - Emu Park Op Shop
Start - 10:00
Duration - 4 hours

About -Lets find a barging together at the quaint little op shops, where endless treasures can be found. Followed by lunch at Coastal Hill cafe to a yummy treat.

Cost: Owm meal and purchases



FRIDAY 19TH JUNE

BYFIELD NATIONAL PARK & POTTERY

Location - Byfield National Park & Nob St Pottery
Start - 9:00
Duration - 5 hours

ABOUT- Join us on this scenic drive to the infamous Byfield National Park . Followed by a visit to the Nob Street Pottery Barn and a tasty treat at a nearby cafe.

Cost: Entry & Meal



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JUNE 2026 Outing Program

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MONDAY 22ND JUNE

INTERGERENATIONAL SHARED PROJECT

Location - Suncare Hub

Start - 10:00

Duration - 3 hours

About- The second instalment of our intergenerational activities that we collaborated on last time . We are creating something to bring with us for the outing later in the week.



TUESDAY 23ND JUNE

MILLENNIUM COMMICS AND LUNCH

Location - 158 East street

Start - 10:00

Duration - 3 hours

About- Lets dress up and play at Millenium comics and games has to offer. We can choose one of many games on offer to play. we can go for a short stroll and have lunch at subway.

Cost-Lunch prices vary



WEDNESDAY 24TH JUNE

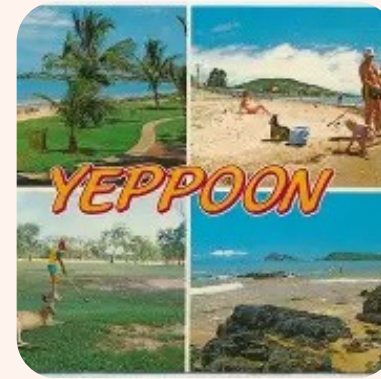
PLAY PALS YOUNG AND OLD

Location- 321 Berserker St

Start -11:00

Duration - 3 hrs

About- Join us at Illoura child care for our second intergenerational outing. We aim to create an exciting and engaging treasure hunt with the treasures we created last week . Illoura have invited us to dine with them in center after the hunt.



THURSDAY 25TH JUNE

BEACHES AND BRUNCH

Location - Yeppon beaches and cafe

Start - 10:00

Duration - 4hours

About- Slip Slop, Slap as we stroll along the beach front, before finishing off the morning with some local fresh fish and chips.

Cost: Own Meal



FRIDAY 26TH JUNE

CROCHET CORNER

Location - In Centre

Start - 10:00am

Duration - 3 hours

About - Join us in centre for a relaxing chat while we learn and master the basics of crochet. You will leave with the skills to create your own handmade treasure or scarf with some new found friendships as well



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JUNE 2026 Outing Program

80 DENHAM STREET, ROCKHAMPTON CITY, QLD, 4700



MONDAY 29TH JUNE

KERSHAW GARDENS & CAFE

Location - Kershaw Gardens

Start - 9:00am

Duration - 3 hrs

About - Join us for a refreshing walk at Kershaw Gardens, where we combine gentle exercise. Enjoy the fresh air, stay active, and share friendly conversation in a welcoming and supportive environment.



TUESDAY 30TH JUNE

MOVIE MATINEE & LUNCH

Location - Rockhampton Cinema

Start - 10:00am

Duration - 4hrs

Cost - \$12 + \$5 per snack

About - Join us at Rockhampton cinema Senior movie sessions. Movie TBA on the day.

Lets finish at hungry jacks for a burger of fries with an ice-cream for dessert.



To Register your Interest: CALL 1800 786 227 or EMAIL: contact@suncare.org.au.

May Therapy Activities

WEDNESDAYS

AQUA-FIT

Time: 10:00-11:00

LOCATION 2ND World War Memorial Aquatic Centre

Duration 1 hour

FRIDAYS

PHYSIO-FIT

TIME: 10.00am -11.00am

LOCATION: 80 Denham Street Rockhampton

MAX: 8 people

DURATION: 1 hour

COST: \$80



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